

SPORTS

★ PT Prep

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups.

The aerobic portions focus on intense exercises — jumping jacks, sprints (in place), hustlers, shuffles, body builders — that build cardiovascular endurance to help with the PT run.

PT Prep is **Mondays, Wednesdays and Fridays** at 6 a.m.

★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

★ Air Force sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball,

soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-r.afsv.af.mil/FT/> or call 846-1102.

★ Ride of Your Life

Be a part of Air Force Cycling in the "Go for the Ride of Your Life."

You can win T-shirts, caps, towels and water bottles.

Pick up a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

★ Run for Your Life

The East Fitness Center holds the "Run for Your Life" program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.

★ Yoga

Join the Saturday Yoga Class at 11 a.m.

The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises.



Still 'aiming high'

Air Force Academy center Nick Welch blocks a UNM Lobos shot during a game between the Lobos and Falcons Jan. 17 in The PIT. Welch scored 18 points, including four straight 3-pointers in the second half, and Air Force beat New Mexico 68-42, the Falcons' first win in Albuquerque in 42 years

Photo by Damian Bohannon

Picking up the pace: A research campus for tomorrow

It's no secret that some federal research and development programs do not exactly move at warp speed when morphing laboratory notions into warfighter necessities.

Complex approval processes, funding hurdles, agenda conflicts, turf wars, and organizational deadlocks are often more at fault than unexpected scientific roadblocks imposed by a mysterious universe.

But facility planners at AFRL's Space Vehicles Directorate, Kirtland Air Force Base, New Mexico, hope to help change all that.

Architects have charted a strategic roadmap that leads to a new campus expected to shorten the "research to acquisition" cycle and reduce costs commonly associated with outdated research and development practices.

Part of a larger Kirtland AFB plan that choreographs the proposed building of many Kirtland facilities in the coming half-century, the directorate initiative lays the brickwork—at least on paper—of

the forward-looking Phillips Technology Institute.

To meet future Air Force space mission needs, the Institute will house a unique mix of government, academia, and industry partners who, together, maximize the potential for leading-edge research, development, education, and training. They will en-

able a renewed workforce that can deliver warfighter technology faster and more efficiently than ever before. Such a body of diverse talent—housed essentially at one campus—is expected to reduce the common bureaucratic barriers that typically have hobbled the rapid advancement of new ideas and

frustrated a speedier delivery of goods and services to the battlefield.

For today's space mission, AFRL at its Phillips Research Site now relies on its existing Space Structures Laboratory, Composites Laboratory, and Aerospace Engineering Laboratory. It also has plans for a new Space Vehicles Component Development Laboratory.

But because of its responsibility to develop science and technology that not only maintains but "extends" the U.S. position as the dominant military space power, AFRL must plan today for facilities tomorrow that more quickly transitions laboratory technology into warfighter hands. The Phillips Technology Institute is crucial to that vision.

